

County Connection

Inside this issue:

5-a-day Recipe by: Jennifer Eastwood	2
Small Step.gov	2
Hurricane Season	3
Employee News	4
Employee Birthdays	4

Calendar of Events

July

4: Independence
Day-Offices Closed

18: BOC Meeting @
6:30 pm

22: Pay Day

August

1: BOC Meeting @
9:00 am

15: BOC Meeting @
6:30 pm

26: Pay Day

The Riddler

The first person to answer the riddle will win a sweet treat. Answers can be given to Nichole McLaughlin at 694-4193 x109



Bizarre Holidays

July

16: National Cheesecake Day

21: Build a Scarecrow Day

August

10: Lazy Day

Special points of interest:

- Offices Closed July 4th for Independence Day
- Pay Day: July 22
- Pay Day: August 26

Welcome New Employees!!

Christan Madden
Library

Angela Motley
Rec.

Rosa Pressley
Jail

Jennifer Satterfield
Health

Audrey Simpson
DSS

Florence Vereen
DSS

Ricky Young

Maintenance



5-a-day Recipe: Ranch Style Vegetables

You can use any combination of vegetables you have available.

1 cup cauliflower, broken into bite-sized pieces.

2 cups broccoli, broken into bite-sized pieces.

3/4 cup sliced carrots

1/2 cup sliced celery

1/2 cup chopped onion

1/4 tsp dried dill weed

1 1/2 TBSP lemon juice

2 TBSP non-fat or reduced-fat ranch-style dressing

Fill a 1 1/2 quart microwave safe dish with vegetables. Add dill and lemon juice. Cover and microwave 5-8 minutes, stirring every 2 minutes. Drain, mix in dressing and serve.

This is an official 5-a-day recipe, providing each person served with more than two servings of vegetables. Recipe taken from Quick and Healthy Volume II, by Brenda J. Ponichtera, RD (ScaleDown Publishing,

1995).

Nutritional Analysis Per Serving:

Calories: 49

Fiber: 3g

Fat: 0g

Cholesterol: 0g

Sodium: 112mg

Recipe brought to you by Jennifer Eastwood, Health Educator.

SMALL STEPS. GOV

Small Step.gov is a website service provided by the US Dept. of Health and Human Services. The website provides information on eating healthy and getting active. They present the information in 4 steps:

1. Get the Facts.

2. Eat Better

3. Get Active

4. Learn More

You can sign up to receive the Small Step newsletter, get tips, recipes, and more.

I have found it to be a very useful and informative web-

site.

You can visit the website at:

www.smallstep.gov

Thanks to Brenda Hodges for bringing this information for the newsletter.

Hurricane Season



Are you prepared for Hurricane Season? Hurricane Season runs from June 1– November 30. Meteorologists are predicting 12-15 tropical storms across the Atlantic. Of those tropical storms 7– 9 will be hurricanes. Of those hurricanes 3 – 5 will be major storms. Here is a list of Hurricane Safety Tips so that you can keep your family safe this season.

Hurricane Safety Tips:

1. Listen to weather updates and stay informed.
2. Keep a portable radio and flashlight on hand — with fresh batteries.
3. Clear your yard of all loose objects.
4. Store drinking water in clean containers.
5. Shutter or board all windows and secure double-door entrances.
6. Plan your evacuation route, know where to go, and fill you car's tank with gas.
7. If ordered to evacuate, take your evacuation kit (see bottom of article). Turn off water, gas, and electricity.

Hurricane Evacuation Kit:

- Battery operated radio
- Flashlight
- First Aid Kit
- Blankets/Sleeping Bags
- Lightweight folding chair/cot
- Personal items (books, toys, snacks)
- 2 weeks supply of medicine
- Extra clothing
- Infant Supplies
- Important papers and money

Employee and Departmental News

- Childbirth Classes are being conducted by Carol Dodson, RN at the Health Department. The next class will begin 7/11/05. Call her at 694-4129 x169 for more information.
- Congratulations to Pauletta Cates for completing the Lactation Educator Program, in Winston-Salem NC.
- The Health Dept. would like to wish Loretta Nichols a speedy recovery.
- Congratulations to Patricia Poteat (Library) and David Shatterly (DSS) who won the two prize give-a-ways from Pre-Paid Legal Services at the Benefits Fair.
- Sherry Phelps' baby is due August 5th (she's been told it is a girl). Congratulations to Sherry, Chris, and Christopher.
- Jill Thompson is going home to England to visit her family July 12-26th.
- CONGRATULATIONS to all the Walking Wednesday Winners:

Team: Densie Douglas, Amy Hooker, Beverly Lancaster, Christy Marlowe, Charlotte Miller, and Amber Shelton.

All members are with DSS and they will enjoy a lunch from Subway.

Individual: Willie Southern (Maintenance) won \$50

Drawing: Joyce Miller (Health) won the drawing for \$25.

Employee Birthdays

July Birthdays:

Pamela Anthony	911
Cebern Cassady	EMS
Tammy Chaney	DSS
Delma Ellis	Tax
William Fleetwood	Sheriff
Stephen Foster	Sheriff
Cheryl Fuqua	Sheriff
Julie Goodman	Health
Samuel Hamlett	Sheriff
Charles Haymore	EMS
Jason Howerton	EMS
Beth Jones	Health
Louise Kelly	Senior
Patsy Layne	Elections
David Lucas	EMS
Patsy Mancha	Coop.
Nancy Maness	DSS
Virginia McIntyre	Tax

Dianne Moorefield	DSS
Loretta Nichols	Health
Danny Paschal, Sr	Jail
Rhonda Pleasant	Health
Melissa Poole	Sheriff
Adrian Rainey	Jail
Michael Thompson	911
Jordan Williams	Rec.
Travis Williamson	Main.
Coleman Wilson, III	Sheriff
August Birthdays:	
Michael Adkins	Sheriff
Suzanne Barker	DSS
Meryl Barts	Health
Beverly Brown	Tax
Catherine Burgess	Health
Gary Clark	EMS
Paula Cobb	Health
Calvin Connally	Main.

Odessa Gwynn	Senior
Carolyn Harrelson	Soil
Jackie Hooper	Gov't
Jeremiah Jeffries	Gov't
Charlie King	Lake
Annie Lea	EMS
Fred Moore	Health
Clayton Myers	Sheriff
Casey Owen	Rec.
Tammy Paschal	DSS
Donnie Powell	Health
William Rudd, Jr	EMS
Joshua Thompson	CDOT
Mitchie Thompson	Soil
Angela Turner	Section 8
Ashley Williams	Rec.
Ronald Wyatt	Landfill
Roger Young	EMS